



National Nutrient Database for Standard Reference
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Statistics Report 11010, Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt

Report Date: July 04, 2017 19:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	86.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	45	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Energy	kJ	188	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Protein	g	3.11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.71	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	9.18	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Fiber, total dietary	g	4.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Sugars, total	g	0.84	--	--	--	--	--	--	--	--	Calculated or imputed	11008	01/2007
Minerals													
Calcium, Ca	mg	21	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.56	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	264	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	53	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.36	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.061	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.273	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Selenium, Se	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	5.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.158	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.915	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.087	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folate, total	µg	119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Folate, DFE	µg	119	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total	mg	29.2	--	--	--	--	--	--	--	--	Calculated or imputed	11008	01/2007
Betaine	mg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	11008	01/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	11008	01/2007
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11008	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11008	02/2003
Vitamin A, IU	IU	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11008	02/2003
Lutein + zeaxanthin	µg	394	--	--	--	--	--	--	--	--	Calculated or imputed	11008	01/2007
Vitamin E (alpha-tocopherol)	mg	0.16	--	--	--	--	--	--	--	--	Calculated or imputed	11008	01/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	12.6	--	--	--	--	--	--	--	--	Calculated or imputed	11008	01/2007
Lipids													
Fatty acids, total saturated	g	0.119	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
12:0	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
14:0	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
16:0	g	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:0	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fatty acids, total monounsaturated	g	0.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:1 undifferentiated	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fatty acids, total polyunsaturated	g	0.216	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
18:2 undifferentiated	g	0.157	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:3 undifferentiated	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1994

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Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003